

What Should You Eat to Gain Weight?

Keep in mind that you are eating to help your baby grown...not simply to gain weight. To give your baby the best possible start in life, gain your weight from healthy foods.



- Eat a variety of foods from the Food Guide Pyramid.
- Limit "empty calorie" foods (candy, cookies, cake, pie, soda, Kool-Aid, etc.)

Recommendation for weight gain

(for health professional to complete):

Pounds per week _____

Total weight gain during pregnancy: _____

To improve my diet/health, I will: _____

My goal for physical activity is: _____



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3.5 L Rev. 01/04 PAM-ACH-88
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Weight Gain During Pregnancy



How Much Weight Should You Gain During Pregnancy?

Most women should gain between 25 and 35 pounds during pregnancy. Your baby makes up for only part of the weight gain. Your own body must add blood, muscles, fluids and tissue to help your baby develop.

- If you are underweight, you need to gain 35 to 45 pounds.
- If you are overweight, you need to gain 15-20 pounds.
- Pregnancy is not the time to lose weight.
- Pregnant women who smoke may need to gain more weight.
- Pregnant women with more than one baby will need to gain more weight.

Gaining too much weight can result in:

- Gestational diabetes (diabetes during pregnancy)
- Pre-eclampsia (high-blood pressure)

Both of these conditions can have harmful effects for you and your newborn.

Your healthcare provider will talk with you about how much weight to gain.

Women who do not gain enough weight often have babies that weigh too little. A baby that weighs less than 5 1/2 pounds is more likely to have health problems.

Where Does the Weight Come From?

Baby	7 1/2 pounds
Placenta (afterbirth)	3 pounds
Uterus	2 1/2 pounds
Increased Blood and Fluids	9 pounds
Breast Tissue	2 pounds
Maternal Stores	6 pounds
Total	30 pounds



When Should You Gain Your Weight?

When and how fast you gain weight is just as important as the amount you gain. Your weight gain should be slow and steady throughout pregnancy. If you have a sudden weight gain, see your doctor.

During the first three months, expect to gain a total of about 2 to 4 pounds. During the last six months, you need to gain about 1 pound each week unless advised by your healthcare provider.

